

Schroeder Raider Wrestling 2021



Time is quickly approaching for the start of the 2021 wrestling season. Schroeder Middle School has a co-op with South and East Grand Forks for dual competition and everyone practices together at Schroeder.

Listed below are a few answers to some questions for the upcoming season.

When does the season start?

- Monday, November 8 will be our first practice. Practices start at 4:00 pm and go until 5:30 pm. We practice in the cafeteria area at Schroeder Middle School. Parking and entrance are on the east side of the building.

What is practice like?

- At practice we learn new techniques, wrestle against teammates of similar size and get in good physical shape.

What do we practice in?

- T-Shirt and shorts or sweatpants. Wrestling shoes are preferred, but are not required. Many wrestlers practice in a pair of tennis shoes., but extra wrestling shoes may be available. All equipment is provided.

So how many times will I get to compete?

- The goal is 10 events and at least 20 matches for each wrestler.

Who do we compete against?

- We will have four tournaments (2 in Grand Forks, 1 in Fargo, and one in Thief River Falls). We will also have several “home” meet at Red River or Central and we will also be traveling to Class A schools in Eastern North Dakota along with the Red River team.

What do I need to join?

- Make sure you have a physical form on file in the office, turned in your signed concussion form, and pay your participation fees. Then show up to practice on November 8th. You can also come watch practices to see if you would be interested in joining. If you miss the first day, you can still join at a later date, but you must have 9 practices in before you can compete. We also encourage you to bring friends to check it out. Newcomers are welcome. Wrestling is open to both boys and girls.

Matches will start after teams have completed nine practices. Once the match/tournament schedule is complete, the remainder of the practice schedule will be set.

Requirements: 1) Physical prior to the start of practice

2) Pay online with MYSCHOOL BUCKS

3) Parent signed concussion form (only need to do once per year)

**If you have any questions, please contact call Coach Matt Berglund at 701-330-2093.
coachberglund@yahoo.com**